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## **Introduction to Counselling:**

**5-week introductory course**

**Begins 5th June 2024**

*This course is aimed at anyone interested in counselling on any level. Anyone who is just wondering what counselling is or someone who has signed up for counselling training that is coming up and just curious what it might be all about.*

**Introduction to Counselling** is designed to give you basic information about counselling. Course participants will investigate what counselling is; learn about theory; practice some skills and consider what comes next for them.

*This course is designed to be interactive with a variety of theory, personal investigation and application in real life through learning from others and discussion.*

*Course tutors are practicing therapists and classes are small to give you depth and breadth of learning you will not get anywhere else*

**Week 1: Welcome and course content: Basic Counselling Skills**

**Week 2: Introduction to Psychodynamic Counselling**

**Week 3: Introduction to Cognitive Behavioural Counselling**

**Week 4: Introduction to Person-centered theory**

**Week 5: Course review and next steps**

**Course cost: £195 including certificate and priority entry to the Certificate in Counselling Skills beginning September 2024**

*Any questions or queries please email: [info@trainingbyliberty.com](mailto:info@trainingbyliberty.com)*